



Creating Your Birth Plan

The birth of your child is one of life's most special occasions. By creating a birth plan, you can help shape this remarkable event to make it as fulfilling and memorable as possible.

At Providence St. Peter Hospital we are committed to supporting your personal approach to birth. Your birth plan will help you to convey your hopes for your childbirth experience to your care providers. Please include any information that will help us enhance your family's birth experience.

Name _____ Partner's Name _____

Physician/Midwife _____

Remember to discuss your expectations with your physician or midwife often during your pregnancy. You may want to share a copy of your birth plan with your care providers before your due date, usually at your 36-week visit. During your hospital stay, your nurse will be checking in with you to assure that your needs and expectations are met.

1. What are your hopes for your childbirth experience?

2. Who are your family/social supports?

Do you wish them to be present for:

Exams

Birth

☐☐

☐☐

☐☐

☐☐

Creating Your Birth Plan - Page 2

3. From where do you draw your knowledge or information about childbirth?

- ☐ Past experience
- ☐ Books/Internet/reading resources
- ☐ Classes
- ☐ Experience or stories from people you know
- ☐ Other (please describe):

Do you have any comments or concerns relating to what you've learned?

4. As you think about your upcoming experience, what concerns you most? What occupies your thoughts much of the time?

(It is important to share with your care provider if you have any history of sexual assault, rape, or a frightening hospitalization in the past).

5. There are many comfort therapies for pain. Which of the following do you hope to use?
(Please check all that apply.)

- ☐ Patterned breathing
- ☐ Beverage/ice chips
- ☐ Walking/position changes
- ☐ Jacuzzi/shower
- ☐ Heat and cold
- ☐ Music/attention focusing
- ☐ Massage
- ☐ Birth ball
- ☐ Squatting
- ☐ Narcotic analgesics
- ☐ Local/pudendal
- ☐ Epidural
- ☐ Other: _____

Creating Your Birth Plan - Page 3

6. How can your caregivers care for you in ways that are most helpful to you? For instance, do you want a lot of information about your labor progress? How do you feel about touch?

7. After your baby is born, we wish to support you in greeting your newborn and caring for yourself and your baby. We support baby-friendly, family-centered care as follows:

- We start parent-baby contact and the best newborn feeding methods soon after baby is born.
 - We provide 24-hour rooming-in for learning and family time before you go home with your baby.
 - Exams and procedures are done in your birthing suite to decrease separation from your baby.
 - Nurses and breastfeeding consultants can help you get a good start with feeding and baby care.
- Please let us know any other ways you'd like us to support your family's first moments together:

8. Who will be your baby's doctor or nurse practitioner?

9. What is important to you regarding feeding your baby?

10. If something unexpected happens, many decisions may need to be made rapidly. In the event of an unexpected outcome or an emergency, it will help your caregivers to know whom you depend on for help. Who can you depend on for personal support and help for yourself and your family?

Name _____ Phone _____

Name _____ Phone _____

Creating Your Birth Plan - Page 4

11. If something unexpected happens, such as a baby who needs special nursery care or is stillborn, or if you are ill, whom would you want us to contact? (pastor, counselor, other):

In most cases, your obstetrician or midwife and your pediatrician will be helping you. Other physicians whom you have not met before may be involved in your care. You may also wish to contact your primary care provider or anyone else you rely on for help with medical decisions.

12. Whom do you depend on for your spiritual support?

Name _____ Phone _____

13. If your baby needs to go to the Neonatal Intensive Care Unit, what wishes do you have? Who will accompany your baby?

14. Is there anything else you would like to share with your care providers about who you are and what you need (family traditions, birth plan wishes, dietary, etc)?
